

## Fast Facts

### Pulmonary Hypertension

- High blood pressure in the blood vessels, usually the arteries, of your lungs
  - Blood flow to the lungs is supplied by the right side of the heart
- Blood usually flows through the pulmonary vessels relatively easily, which means the blood pressure in the lungs is much lower
- When the pressure is increased, it causes significant changes to the blood vessels, such as the arteries become stiff, thick, inflamed, tight and result in extra tissue forming
  - All of these changes reduce or block blood flow, which makes the hypertension worse
    - Categorized into five groups based off of the cause
    - Can take years for symptoms to become perceptible
- Treatment depends on the severity of symptoms (ranked on a I – IV scale)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Shortness of breath (at first with exertion and then while at rest)</li> <li>-Fatigue</li> <li>-Dizziness</li> <li>-Fainting</li> <li>-Chest pain/pressure</li> <li>-Racing heart rate</li> <li>-Palpitations</li> <li>-Bluish color to lips/skin</li> <li>-Swelling to ankles/legs and stomach</li> </ul>	<p><i>Goal:</i> Manage symptoms and slow the progression of the disease</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Vasodilators</li> <li>-High doses of calcium channel blockers or soluble guanylate cyclase (SGC) stimulators</li> <li>-Digoxin</li> <li>- Diuretics (water pills)</li> <li>-Anticoagulants</li> <li>-Oxygen</li> </ul> <p><i>Surgery:</i></p> <ul style="list-style-type: none"> <li>-Atrial septostomy</li> <li>-Heart or heart/lung transplant</li> </ul> <p><i>Lifestyle:</i></p> <ul style="list-style-type: none"> <li>-Get plenty of rest</li> <li>-Exercise as tolerated</li> <li>-Don't smoke</li> <li>-Don't use illegal drugs or medications that can make symptoms worse</li> <li>-Talk to doctor about birth control/pregnancy</li> <li>-Avoiding doing activities that might suddenly lower blood pressure, like sitting in a hot tub/sauna, taking long hot baths/showers or prolonged straining (lifting heavy objects)</li> <li>-Eat a nutritious diet</li> <li>-Maintain a healthy weight</li> <li>-Get the flu and pneumonia vaccines yearly</li> </ul>	<ul style="list-style-type: none"> <li>-Get regular exercise</li> <li>-Get enough sleep nightly</li> <li>-Eat a nutritious diet</li> <li>-Maintain a healthy weight</li> <li>-Don't smoke, use illegal drugs or use medications that increase risk of developing pulmonary hypertension</li> </ul>

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